

Avocado, prawn & coriander rice paper rolls



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Preparation: about 30 minutes

Cooking: about 2 minutes

Makes: 12

Add mint leaves to the rolls for extra flavour.

50g dried vermicelli noodles

12 x 22cm rice paper wrappers

1 cup coriander leaves

12 cooked king prawns, peeled, deveined and halved lengthways

1 large ripe avocado, halved lengthways, peeled and thinly sliced

½ cup sweet chilli sauce

6 small ice-berg lettuce leaves, halved and trimmed

Peanut sweet chilli dipping sauce

⅓ cup roasted unsalted peanuts, chopped

⅓ cup sweet chilli sauce

1. Cook noodles in a saucepan of boiling water for 2 minutes or until tender. Drain, rinse in cold water. Using kitchen scissors, roughly chop noodles. Set aside.
2. Dip rice paper wrappers in a shallow dish of warm water. Place on a clean board. Place a coriander leaf in the centre of the wrapper. Top with 2 prawn halves, a slice of avocado and a heaped tablespoon of noodles. Drizzle with 1 tsp sweet chilli sauce. Top with half a lettuce leaf. Fold wrapper over filling, tuck in sides and roll up to enclose filling. Place on a plate, cover with damp paper towel. Repeat using remaining ingredients to make 12 rolls.
3. To make dipping sauce, combine peanuts and sweet chilli sauce in a bowl. Serve rolls with sauce.

Avocados

- Avocados contain fat, but it's 'good' unsaturated fat that contains some essential fatty acids needed for healthy membranes around all body cells.
- The richest source of vitamin E among fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy condition.
- A good source of vitamin B6. This vitamin has many functions, one of which is to help the body use the energy from proteins, fats and carbohydrates.